

# Real Appeal®

WEIGHT LOSS SUPPORT

## Set Yourself Up for Success in 2022

Get your New Year's weight loss resolutions off to a good start with all the tools, resources, and support you need to take small steps for lasting change on Real Appeal®.

### Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you at no additional cost as part of your health plan benefits.



#### Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Rally Coach app.



#### Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



#### Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get Started Now at  
[enroll.realappeal.com](https://enroll.realappeal.com)

Have your health insurance ID card handy when enrolling.

### Use these tips to form healthy habits that stick.

#### Stack your habits

Tie new habits to existing ones. Try a one-minute meditation with your morning coffee.



#### Start small

Take a daily walk at the same time, eat an apple, or do one pushup for starters.



#### Reward yourself

Listen to audiobooks while walking, or watch a cooking show on the treadmill.



Read "7 Daily Habits to Reach Your Goals" on the back for more ways to a healthy start of your New Year.

# 7 Daily Healthy Habits to Reach **Your Goals**

Get a jump on your New Year's resolutions with this checklist of healthy habits that don't require a membership or meal plan.



## **Drink Up**

Drink plenty of water during your day — and be sure to drink extra after exercise.

## **Eat Your Veggies Twice**

Eat 2½ servings each day, equivalent to one cup of cooked, raw, or canned veggies.

## **Fill Up on Fiber**

Eat more fruits and veggies, along with healthy fats like nuts and avocados.

## **Make Sleep a Priority**

Get 7-9 hours to improve your mental health, focus, and immune system.

## **Move Your Body**

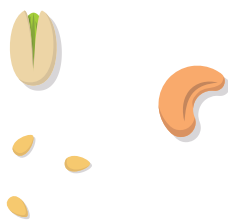
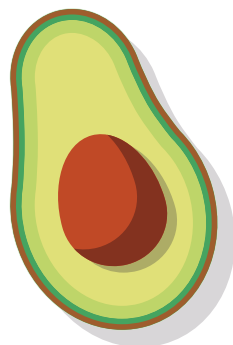
Find ways to make movement part of your day, even if it's just taking the stairs.

## **Snack on Fruit**

Reach your daily fiber needs and satisfy your sweet tooth with two servings a day.

## **Opt for One Plant Protein**

Choose plant proteins like chickpeas, lentils, or black beans for fiber and vitamins.



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# Real Appeal<sup>®</sup>

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